



Winter blues Relieve your seasonal sadness with a little sunshine

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New year, new attitude See www.kstatecollegian.com for an exclusive on resolutions.

K-State debuts new home page after criticism

Website 'quietly' redesigned to be more functional

Katie Reilley junior staff writer

A confusing website usually results in a confused user, but this will hopefully not be the case for the new K-State home page, which premiered with a major change in design Tues-

Bill Herndon, director of Web services, explained that the new website would take all the features of the old website and put it into one drop-down page.

There will be a better job of using tools on the Web (with the new home page)," said Jeff Morris, vice president for communications and marketing.

One of the new tools is the sign-in feature at the top of the page, which provides one login for users to get directly to the user's webmail account and K-State Online. A direct link to log in to iSIS is also provided. The "cosmetic" change of the sign-in for iSIS, Webmail and K-State Online debuted last night, said Philip Sears, application development manager for the Office of Mediated Edu-

A few of the new tools that might eventually be included on the bottom of the home page would be the most recent video from the K-State You-Tube channel and a Twitter



screen shot by collegian

feed. Another possible tool would be Gowalla, a program that will let other users "check in" to locations.

One of the intentions of the new design is to broaden K-State's horizons and reach people outside of the Midwest by clarifying the name of the university, Herndon said.

"The goal is to brand for external audiences. For example, changing it from K-State to Kansas State University," Hern-

He said many people outside of the Midwest were confused by the name K-State, whereas "Kansas State University" clarifies any confusion.

"We wanted to showcase to the country and to the large what's going on at Kansas State," Herndon said.

The main goal of the website's new design was to change the philosophy of reaching people through the Internet, Morris said.

Morris said the new home page would be more frequently updated and users would be able to better navigate the tools on the page.

Morris said his department felt the need to change the website because of complaints from users on the site's functioning capabilities. The search engine on the home page had many

hits, which Morris said is a bad sign of the functionality of the site. Polling of faculty, students and alumni showed they desired an update.

Herndon said the unveiling of the new website was done quietly so students could get used to the idea of the new home page and receive feedback through a link on the site.

Feedback is highly encouraged by both Herndon and Morris, but Herndon said he wants all users to know that the website will undergo more changes.

"This is a website, so it's not done. There will be more updates to come," Herndon said.

A family education

Home-schooled students move from bedroom to classroom

Stephanie Carr multimedia editor

Editor's Note: This is the final installment of a twopart series investigating home schooling in Kansas. See Tuesday's edition of the Collegian

Making the transition from a high school classroom to a university of more than 23,000 students can be daunting enough for a K-State freshman. One group of students faces a bigger culture shock as they move from the kitchen table with Mom to a lecture hall full of strangers.

"I remember my first day in a hallway with hundreds of kids waiting to get into class," said Eric Lovich, sophomore in architectural engineering. "I was like, 'Wow. This is way different."

Lovich is one of a small handful of K-State students who earned their high school

degrees from home.
As a member of Cornerstone Family Schools, a home education assistance organization based in Topeka, Lovich was able to study from home and participate in other academic, athletic and social events to help him get into K-State and make a smooth

Getting In

It all started with a visit. Lovich, his best friend and their mothers explored K-State at a Home-School Day event on campus. That was enough for Lovich to know he wanted to be a Wildcat and he began the application process.

The application process for home-schooled students is similar to that of public school students. K-State requires a minimum ACT score of 21, a SAT score of 980 or above or a GED score of at least 510 on each subsection. Other qualifiers, such as placing in the top one-third of a graduating class, do not apply to home-schooled students because they belong to a different educational situation.

Many home-schooled students take classes from a community college while they are still in high school to help prepare them for the college classes and make it easier to get into a large university like K-State.

"My application process was helped by the transfer credits that I had from Allen County Community College," said Joe Mollenkamp, junior in mechanical engineering. "I did not have any trouble applying. I was not only accepted into the university, but also the College of Engineering on my first try."

HOMESCHOOL | pg. 5

lustice Sotomayor to speak in Forum Hall

Sam Diederich

K-State will play host to U.S. Supreme Court Associate Justice Sonia Sotomayor on Jan. 27 for the newest edition of the Landon Lecture Series.

Instead of delivering a traditional lecture, Sotomayor will spend her time answering questions in Forum Hall at the K-State Student Union at 3 p.m.

'We have asked constituencies from across the campus pose questions," said Jackie Hartman, director of community relations and chair of the Landon Lecture Series.



Sotomayor, the third justice from the Supreme Court to speak as a part of the Landon Lecture Series, is the first Hispanic female to serve on America's highest court.

Justice Sotomayor is a person that we have been interested in having here on campus for several years for a variety of reasons," Hartman said. "She is a decision-maker on the Supreme Court that impacts us all, and she represents people that have not been represented on the court in the past."

Because the lecture will be held in a smaller locale than past lectures, the university will offer screenings of the event in the Little Theatre in the K-State Student Union and in the Town Hall room of the Leadership Studies building. The lecture will also be available through the K-State website.

"We would encourage everyone to come to Forum Hall," Hartman said. "It's critical that we maintain this prestigious lecture series to continue the discussion of public affairs that has gone on here many years."

GOING GREENER

K-State invests in more efficient recycling New recycling center to improve collection process, financing

Kayla Duskie

Howie's Trash Service, the city of Manhattan and K-State have teamed up to help increase the participation and efficiency of on-campus recycling and waste management through the use of a new recycling center and invest-

ments in new equipment.

John Woods, director of facilities services and custodial services at K-State, said all of K-State's recycling is currently transported to Howie's as loose material.

The new recycling center will have to be able to take in the loose material, bale it, load it onto a semi-truck and then transport it to How-

ie's for further processing. The first step is to purchase the necessary equipment and build a new dock for the semi to be loaded with the bales of recyclable

material, Woods said. He also said the recycling center will need to build an entrance road for the truck to access the recycling center, which is located in the old wind erosion lab. Woods said the lab is only occupying about half of the building now, but after completion of the upgrades it will be occupying the entire 11,000-square-

foot building.

BG Consultants are the engineers presently working on designing the dock and entrance road for the recycling center.

A baler is the largest equipment investment to come along with the new program.

"A new baler costs about \$65,000," Woods said. "We are looking at buying a used baler because they cost about half as much."

Woods said several benefits will come from this system of operation, one of which is receiving more money from Howie's for bound goods rather than unbound goods.

The rate we are currently receiving is \$42 per ton of material," Woods said. "If we can increase that amount, we will be able to put the money back into the recycling fund to continue the program."

Right now, the money used to fund recycling operations at K-State, including equipment maintenance and salaries, comes

Woods said in 2010, 466 tons of recyclable material were collected from the K-State campus, including computers, ink cartridges, pallets, glass bottles, cans, bottles and — the biggest component — cardboard.

from the custodial fund.

"Cardboard makes up about 34 percent of the material we recycle at K-State," Woods said.

Woods also said the material collected after football games during "Gameday Recycling" is also taken to Howie's and is part of the

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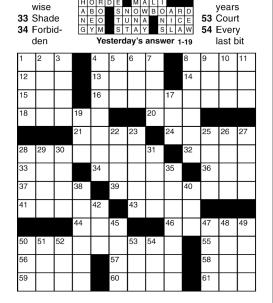
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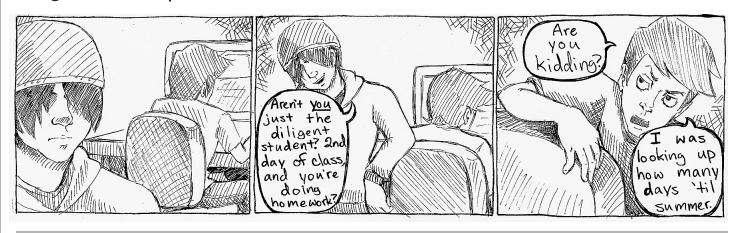
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Logan's Run | By Erin Logan



CITY COMMISSION

City approves parks, fire station for construction

Danny Davis senior staff writer

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Commissioners approved a contract with Hittle Landscape at last night's city commission meeting. The contract for \$148,169.00 is for the creation of three pocket parks near Manhattan Marketplace Shops in Lot 10 of the North End Redevelopment area.

According to the proposal from Thomas
J. Hittle, landscape architect with Hittle Landscape Architects, the parks will be located on the north side of Leavenworth Street, west side of 3rd Street and both sides of Osage Street. In each of the parks, a plaza will occupy one corner of the park.

The agreement passed 3-2. Commissioner Bob Strawn voted against the agreement. This is absolutely useless," Strawn said. "In order to have a park, you have to have

some scope to it, not three small sections." Combining two of the parks into one makes more sense, Strawn said. It would occupy the same amount of square footage thus it would not take up more parking space than the current design.

Mayor Bruce Snead felt differently,

"I don't share the pessimism about the design performance that you do Strawn," Snead said. "I believe this is a reasoned, well-based design response. I believe that these will be used."

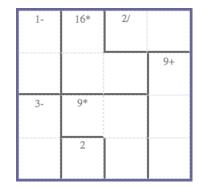
On the general agenda, the commissioners passed a motion to form a construction contract for fire stations with a 5-0 vote. The plan will relocate Fire Station 3 and build Fire Station 5. Fire chief Jerry

CITY | pg. 7

KenKen | Medium

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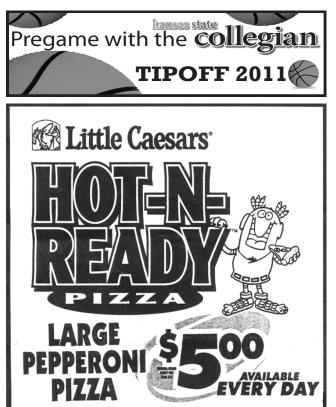
Karen Ingram

opinion editor

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CORRECTIONS

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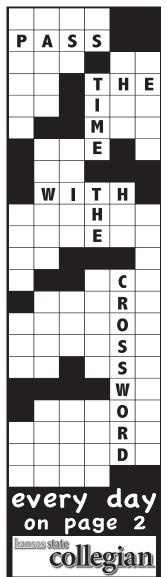
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Carnegie Foundation recognizes K-State for community work

Faculty reach out across Kansas to address local and national problems

Sam Diederich

Though K-State makes its home in Manhattan, faculty conduct community outreach across the state, and the Carnegie Foundation for the Advancement of Teaching will reward the university's efforts by recognizing the school with the 2010 Community Engagement Classification.

According to the Carnegie Foundation's website, the classification is given to schools that participate in "collaboration between institutions of higher education and their larger communities for the mutually beneficial exchange of knowledge and resources."

David Procter, director for the Center for Engagement and Community Development, was responsible for submitting K-State's extensive application information.

The application required universities to really talk about all facets," Procter said. "They want to know the type of campus-community partnerships that the university is engaged in. They want to know that our faculty are encommunity work."

K-State, which had never received the classification before this year, is being recognized along with 114 other universities, including the University of Kansas and Fort Hays State University.

Efforts to increase community engagement were organized by an on-campus department of the university.

"The Center for Engagement and Community Development was created for the specific purpose of organizing and promoting outreach to the community," Procter said. 'Carnegie wants to know that there are centers on campus

that help coordinate this kind of engagement."

One example of the university's outreach to the community is a research study being conducted by Elizabeth Fallon, assistant professor of kinesiology. Fallon, along with fellow K-State faculty, has been working to improve the public health of Latino

people in southwest Kansas.
"We are introducing help into the community and into community activism," Fallon said. "We looked at the state of Kansas and were interested in the health of minority groups. We just looked at the greatest area of need and decided to focus our interest on the

southwest part of Kansas."
Though Fallon and other

university faculty members are not required to perform outreach to the community, many consider it a personal responsibility.

It is Kansas State University, so while community engagement in Manhattan is needed, it is our responsibility as a state agency to address the needs of all people across the state," Fallon said. "If that means we need to travel to the far points of the state because that's where the need is, then that's what we need to do."

The benefits of community outreach do not just pertain to those receiving the assistance. Procter hopes recognition from the Carnegie Foundation will help further the outreach efforts of the faculty and attract more partnerships.

"Carnegie really validates the kind of work that we are doing. It sets us apart and lets people know that K-State is committed to working in partnership to address the serious problems that we face," Procter said. "The Carnegie designation really helps us to say that we are fulfilling the land grant mission of Kansas State University. We are working to address issues and problems and concerns that people in Kansas, and across the world, have."

Center offers wide variety of classes to students, community

Learning Center provides stress relief, fun

Pauline Kennedy senior staff writer

Students making their way from biochemistry to physics or, for that matter, any stressful classes at all, might find themselves quickly searching for a part-time stress reliever or a way to get their minds off class work for a while. Wouldn't it be nice to find time for a quick yoga session or a maybe a swim before heading to another class?

The UFM Community Learning Center is hoping to do just that, offering both credit and non-credit classes throughout the year. These classes range from beer making to martial arts, salsa dancing

and CPR training.
"There are a lot of reasons to take the classes," said Marcia Hornung, education coordinator for UFM. "To try something new and meet new people, a lot are a short time frame, and it can be stress relief."

The Learning Center is a nonprofit organization that has worked with K-State and Manhattan for more than 40 years. According to the UFM website, the center works to "serve as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all."



Erin Poppe | Collegian

The UFM offers a variety of courses for students to pursue interests not necessarily a part of their major. An 8 session guitar fundamentals class is offered at the College Avenue United Methodist starting January 21 and again on March 18.

Instructors from both the community and the university help to instruct the estimated 300 classes available. Class categories offered at the center include but are not limited to recreation, fitness, dance, martial arts and first aid.

"There are a lot of fun classes, everyone should take advantage. Everybody can teach and everybody can learn," Hornung said, echoing the central theme of the center.

Of the classes offered throughout the semester, there are several start dates and meeting times. While some classes have already started, many start in the middle of the semester, and others meet just once in the semester.

Hornung said a new catalog is now available on the UFM website, and said students can join some classes now or later in the semester. She said most classes that meet for credit will be one credit hour.

So, if students find themselves overwhelmed with the classes they have now, or are just looking for a little time to enjoy and relax during the day, UFM may be a possible solu-

Classes and more information about UFM can be found on their website at k-state.edu/

Snapping out of winter depression

Sunlight, activity key to relieving SAD

Michael Sellman junior staff writer

As winter break ends much too soon and the decorations are put away until next year, it is possible that many students and faculty are feeling the pangs of wintertime blues.

Seasonal affective disorder, or SAD, is a type of depression that is most common in fall and winter when people are more inclined to stay in-

Laurie Wesely, assistant director for counseling services said SAD can be linked to a lack of sunlight. People who may be suffering from SAD should try to get more sun-

Because the weather is cold, many people obviously prefer to stay indoors.

Wesely recommended the use of full-spectrum lights, which can trigger vitamin D production in the body just like sunlight.

Distraction can be another way to cope with the blues of winter.

Studying might be a good enough distraction for some students, but others may need to engage themselves in activities they consider more enjoyable and suited to their interests.

"I've spent a lot of time training my horse and getting a head start on next semester's classes," said Kristi Hernandez, senior in geography. "I'm beginning an online class so as to avoid it next semester. I don't usually feel lethargic for long, especially not this Christmas break. I'm too busy.'

A hobby is always a good distraction from any difficulty, even SAD. Winter is a good season for people to start a hobby or indulge a little more in one they already have if it's too cold to go outside.

Movies and television may not be as much help in dealing with seasonal depression as they are an idle activity. Since watching TV is passive rather than active, too much of it may give people more time to dwell on their melancholy state of mind and leave them with a feeling that they're not accomplishing

anything. Of course, as students, many may feel tied down with studying and homework. Believe it or not, it is possible to make time for a ĥobby. Everyone needs some balance between work and

A hobby could help keep a more-or-less scheduled life-

Wesely said those dealing with SAD should try to resist the urge to eat and sleep too much or too little. She recommended spending time with friends, exercising regularly and just going out to help cope with SAD.

K-State students have the

Peters Recreational Complex for a little exercise. They can play basketball, volleyball or ping-pong indoors. There is also an indoor track and plenty of exercise machines in the Rec.

Instead of feeding depression with more eating and less exercise, the cold temperatures do not have to be an excuse to stay in and become out of shape. Keeping fit could be a practical and healthy way to overcoming seasonal depression.

As far as going out with friends, the winter months are a perfect opportunity for students to visit places they may have always wanted to see, especially if they are new in the area.

Manhattan and the surrounding areas have a variety of places like museums, historic towns and other venues to visit for those willing to take the time to see them. Taking a day trip just for a change of scenery can be a welcoming distraction.

If students can't seem to push themselves to get out of bed or find they're eating to cope with depression, Wesely advised that students make an appointment to speak to a counselor on campus. She also said speaking to a physician or medical doctor may help in ruling out any possible physical conditions causing depression.

More information about

SAD and other forms of depression can be found at universitylifecafe.org.



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kansas state **collegian**

WORKITOUT

Traditional methods most effective to lose extra holiday weight gain

Kelsey Castanon edge editor

The mass amount of weight loss resolutions year after year might account for the one-too-many pounds gained over the holiday season. Needless to say, the months leading up to January are filled with gluttonous eating frenzies. From Halloween's guilt-inducing candy fix, to Thanksgiving and Christmas' turkey and ham feasts, starting the year off right might be a little more difficult with the result of an expanded waistline. What we all want, however, is to get rid of the unwanted weight gain.

Dianna Schalles, regis-tered dietician for Lafene Health Center, said many factors contribute to the temptation to overindulge during the holidays, including "busyness, disrupted routines and colder weather."

In a study conducted by the National Institutes of Health, the average weight gain between Thanksgiv-ing and New Year's for 200 participants was less than a pound, even though most people estimated they gained more. That said, instead of dwelling on the numbers, focus on the healthiness of your lifestyle regime. Feeling better means looking better

and that can go a long way.

Although a miraculous snap of the fingers would be a nice way to lose the weight if it exists, the reality is it might take a bit more sweat and restraint to get rid of any additional holiday pounds, what-

ever the number might be. "Many people have trouble sticking to a regular meal and snack routine during the busy holiday season," Schalles said. "This can translate into skipped meals, which can make a binge on all those higher calorie treats

more likely. Instead, she advised students to eat meals or snacks every three to five hours and to "avoid mindless munching."

An increase in food intake over the holidays could result in higher hunger levels and finding a balance between high-fiber foods, protein and carbohydrates is important. Over-restricting carbs and calories can lead to hunger, Schalles said. However, she said feasting on high-sugar foods at the expense of a balance between carbs or proteins and fats can increase hunger levels as well.

It might also be tempting to give in to the weight loss promises highly advertised on TV; however, Schalles said rapid weight loss supplements do not provide long-term results and could

be potentially dangerous.

Along with getting the right amount of vegetables, carbs and protein, exercise is crucial in the weight loss

"Many people decrease their activity levels, increasing the odds that the scale may inch upwards by Jan. 2," Schalles said.

According to mypyra-mid.gov, adults should get at least 30 minutes of moderate exercise most days of



Scott Runde, graduate student in landscape architecture, works out in Max Fitness on Tuesday afternoon. "I just started working out here a couple of days ago," Runde said. Working out at a gym or exercising at the park can help offset some of the extra caloric intake that some might have experienced over the winter break.

the week. For a personalized food pattern, mypyramid.gov has a personalized plan that will predict an individual's calorie-intake and physi-cal activity needs based on basic demographics. Also scheduling a meeting with a nutrition counselor is a good way to determine an individual food plan. Whether trying to lose weight is on your agenda, being active is an important contributor to overall health.

"The best way to motivate yourself to exercise is to find something you like to do, that way you will look forward to doing it," said Julie Gibbs, director of health promotion and nutrition counseling for Lafene.

In Manhattan, there are multiple places and ways to increase your heart rate, which will, inevitably, help you lose weight. Gibbs said if finding something you like to do doesn't work, at least find something you can tolerate — then mix it up. She also said adding variety to your work out routine is good for your body because it doesn't get used to doing the same thing.

"Some great types of workouts for the winter could include taking classes at the Rec, spinning classes, walking/running on the treadmill, swimming at the Natatorium or taking a Deep Water Jogging class at the Natatorium," Gibbs said. "Ice skating is also a fun option."

Schalles also said excess alcohol could make it difficult to stick to a regular workout routine. The lack of energy to work out after drinking the night before, along with lack of sleep or

sleep impairment due to drinking habits can vastly rupture a work out regime, she said.

If you are interested in individual nutrition counseling or have any questions, call 785-532-6544 for more information or to schedule an appointment with

Lafene's registered dietician. That said, instead of stressing about the weight gained over the holiday season, focus on eating healthier and exercising more. Your New Year's wardrobe could depend on it.

Classic winter drinks

Alexandra Lathrop **Kelsey Castanon**

edge editor

During the winter months, sometimes the only thing you want to do is sit by a fire with a hot cup of coffee and a blanket. Other times, the weather is bitter enough to make you want to sit back and sip on something a little more, well, potent.

According to the Northern County Psychiatric Associates, seasonal affective disorder, also known as SAD, is a condition that typically develops once fall turns into winter. Cloudy, cold temperatures seem to have a negative effect on the attitudes of college students, thus putting them in a bad mood. All of which could affect not only the mental and physical health of a student, but also the homework assignments and work that being a student entails. Seeing as how the worst of the winter weather is far from over, throwing a back-to-school celebration

with warm, seasonal drinks might just be the answer to curing the mid-winter

An article on healthmad.com titled 'Fighting The Winter Blues" suggests throwing a gathering or "making social arrangements will motivate you to get up in the morning and leave the house." Making plans with friends could eliminate any negative feelings and encourage a more positive outlook on life. What might be necessary for this festivity? The answer is as simple as a plethora of warm drinks to keep the mood and atmosphere anything

but cold. These drink ideas will help heat up the party, leaving the icy conditions outside the last thing on anyone's mind.

So if planning a back-to-school celebration is on your agenda, keep in mind these warm and cozy drinks. Whether it's a Scotch cocktail, apple cider or spiced hot chocolate, all of these drinks will leave you happily soaking up all that the winter season has to offer.

Spiced Hot

Chocolate 3 1/2 cups milk 7 oz/200 g semisweet chocolate, broken into small 2 tsp sugar

1 tsp allspice 4 sticks cinnamon 2 tbsp whipped cream

Put the milk, chocolate, sugar and allspice into a saucepan over medium heat. Stir until the chocolate has melted and the mixture is

simmering but not boiling. Remove from the heat, pour into heatproof glasses with cinnamon sticks and top with cream.

A Scotch Cocktail

2 measures Scotch whisky 1 measure cream 1 measure honey

Mix all the ingredients well in a warmed glass and let cool. Add a spoon or stirrer

Rum Toddy

1 measure rum or brandy water or sugar, to taste orange peel twist Warm the rum with an equal amount of water and add sugar to taste. Add the peel and serve in a heatproof glass.

Old Soak

2 measures golden rum 1 measure Southern Comfort 1 measure ginger syrup cracked ice

club soda Stir the first three ingredients over ice in a chilled tumbler or large wine glass. Fill

with club soda to taste.

Caramel Apple Cider 1 1/2 cups apple cider 1 1/2 tablespoons caramel sauce or

caramels 1/2 teaspoon vanilla

Combine ingredients into a saucepan, heat on medium-high, stirring constantly until melted.

Dry winter wind means dry winter skin

Sandi Lam

It happens every year. As winter rolls around skin dries and cracks. Reapplying moisturizer becomes an hourly routine. Each moisturizing session is less fruitful than the last. Luckily, this winter nuisance is easily explained and solved.

In a healthy state, the outermost layer of skin is rich in natural skin oils that protect the underlying layers, according to a report by the University of Iowa Clinic.

When dealing with the winter cold, the outermost layer of skin tends to lose the moisture that it normally retains. The clinic also reported that in this process, this layer undergoes shrinkage and the physical attributes of dry

skin become visible. Julie Gibbs, director of health promotion at Lafene Health Center, said she can relate to the dis-

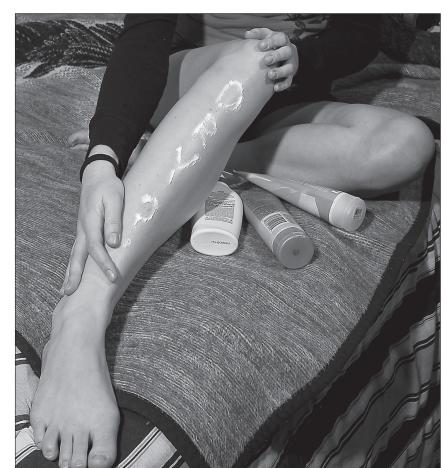
comfort of winter skin. "My skin is cracked everywhere because of the lack of moisture in the air," Gibbs said.

She advised taking fewer showers in the winter season and lathering up with lotion.

As the environment changes, skin care habits should as well. No matter how often you moisturize, it is important to use the right product for your skin. Visiting a physician or a dermatologist is one way to find a product that works well with a particular skin type, but it can also be rewarding to hunt

The WebMD article "10 Winter Skin Care Tips," by Susan Davis, recommends a "moisturizer that is oil-

for a product by oneself.



Anthony Drath | Collegian

Lotion can help relieve dry skin during the winter, especially when applied after a shower.

based, rather than waterbased, as the oil will create a protective layer on the skin."

It is not only the cold, wintry wind that dries out skin. As a result of the cold, heaters are frequently on, causing the circulation of warm, dry air. In the WebMD article, Davis suggested placing humidifiers throughout a residence to introduce moisture to the atmosphere.

A hot bath or shower might seem tempting after a cold day, but is actually

damaging. While it might be soothing to the soul, the hot water causes skin to lose its existing moisture. Lukewarm baths can be beneficial with oatmeal or baking soda, Davis advised in the article.

An article titled "Dry Skin and Winter Itch" on mothernature.com reports applying moisturizer to damp skin is a good afterbath activity. Application immediately after drying off by a few pats of a towel instead of drying off completely is more effective.

Finally, mothernature. com also puts to rest the myth of drinking more water to remedy dry skin. The results of the practice do not suggest that there is truth to the method.

If constantly applying the same lotion used during the rest of the year is tiring and not working, try something new.

Unless waiting until the spring for dry skin to go away by itself is not a problem, these methods are sure to get results.

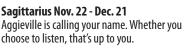
HOROSCOPES



Libra Sept. 23 - Oct. 22 Don't let that Frisbee hit you in the head. Take the opportunities before they hit you.

Scorpio Oct. 23 - Nov. 21

You might cross paths with your soulmate this week. Don't creepily stare people down; just keep a watchful eye out.





Capricorn Dec. 22 - Jan. 19 You need to add some adventure in your

life. Be daring - hike up to the Manhattan



Aquarius Jan. 20 - Feb. 18 Though you are hopeful, you're not going



to like all of your professors. Try not to bang your head against a wall. You. Will. Make. It.

New year, new you. Time for a haircut! How

about that mullet your mom liked so much

Pisces Feb. 19 - March 20

when you were younger?



Aries March 21 - April 19 Make it a goal to high five at least five people on campus this week. It will prove to be good



karma.

Taurus April 20 - May 20 Switch it up this year. Instead of dreading going back to school, host a party for it. If

Don't be the person to hog up the Rec this

year. Make your New Year Resolution to be

the person soaking up the fresh air outside.

Gemini May 21 - June 20



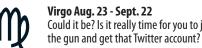
you can't, then you can dread it.



This might be your lucky year to make bank. Then again, it might not. Cross your fingers and keep on working hard.

Cancer June 21 -July 22

Leo July 23 - Aug. 22 If you're feeling spontaneous, skip that weekly trip to Chipotle and have yourself a healthy Mexican fiesta in your own kitchen.



Virgo Aug. 23 - Sept. 22 Could it be? Is it really time for you to jump

-Compiled by Kelsey Castanon

HOMESCHOOL | Cornerstone students defy stereotypes in college transition

Continued from page 1

However, some homeschooled students decide to get the collegiate experience right away.

"I think the more daring of us who were ready to run away from home-schooling and were tired of our parents were the ones who jumped here the quickest," said Caitlin Reynolds, senior in history and anthropology. "I think we are pretty well-adjusted."

According to Pat Bosco, dean of student life, K-State is often the No. 1 choice for home-schooled students in Kansas. K-State admissions representatives continue to recruit home-schooled students because of their overall success at K-State.

Getting the Grade

Getting into K-State is just the beginning. Adjusting to classes is its own set of hurdles for home-schoolers. Lovich said his community college classes in high school gave him a heads up, but there were still adjustments to make.

"The first couple weeks I was here were a little weird," Lovich said. "I wouldn't say I was overwhelmed, but it was so much bigger than Allen County. The only problems I had with teachers were normal problems every student has, like how I was graded on something."

The initial switch is not

always as smooth as some would like. Some have a harder time adjusting to the larger class sizes.

"The first semester, I did not do exceptionally well," Mollenkamp said. "It is just that I was used to a smaller class environment. The next semester I did better and have gotten decent to good grades since"

With the increase in class sizes comes another distraction — the people themselves.

"I am used to doing my work on my own so that when I am around my friends I can have fun," Mollenkamp said. "I have had trouble working in a study group. I know other people can help, but when they are around I tend to get distracted."

Bosco said that homeschooled students are a "great group" of K-State students and tend to do very well in the classroom. Mollenkamp agreed and said those students perform well because of the



Carlos Salazar | Collegian

Eric Lovich (left), sophomore in architectural engineering, hangs out with a friend in his residence hall room. Eric is a graduate of Cornerstone Family Schools, a Topeka-based home-schooling group. His friends at K-State are largely unaware of his educational background.

strong work ethic instilled by their parents.

"Home-schoolers tend to see C's as barely passing and sub-par," Mollenkamp said. "I think it comes from having your parents see all of your work, not just grades. It is hard to hide poor work when they are doing the grading."

Fitting In

A heavily debated concern about home-schooling is a perceived lack of socialization. Lovich said it is one of the biggest pieces of the transition, but he believes his time in sports through Cornerstone prepared him well.

"I don't openly go around saying, 'Hi. My name is Eric and I was home-schooled," Lovich said. "Most students here, at least from my experiences, whenever I tell them I'm home-schooled, they are like, 'Whoa! Really?' They expect some weird, nerdy, freak kid."

Reynolds agreed that most home-schooled students pass by every day undetected, and that might have something to do with their extracurricular activities and social groups.

"No one assumes you were home-schooled when you say you are on the debate team, Reynolds said with a laugh. "That's where all the liberals hang out. There's definitely a lot more diversity here than there was in home-school land. Most of the arguments or disagreements were about theoretical positions or nonsense like that. So then you come to college land, and you've got the hippies over here and the liberals over here. Home-schooled, conservative Christians are probably your smallest niche group."

Reynolds said she enjoys the diversity at K-State and the freedom to be her own person. During her sophomore year of college, Reynolds was forced to choose between the rowing and debate teams due to time conflicts.

"It was a big turning point in my college career," Reynolds said. "I think I picked the least home-schooler-ish choice in that situation. I chose to hang out with people completely opposite of the kids I hung out with in high school. I think that was my break away from my last vestiges of home-school land."

This break away from "home-school land" was exactly what Reynolds needed in her life, but was very different from the path chosen by her younger brother Colin, sophomore in communication studies.

"He is big on campus min-

istry groups like Cats for Christ," Reynolds said. "He's much more on the straight and narrow, traditional homeschooler path than I ever took." Although home-schooled students enjoy the freedom

to choose to go down different paths and join a new social circle, problems can arise when ideas clash.

"Home-schoolers do not have to worry as much about the social scene and this re-

"Home-schoolers do not have to worry as much about the social scene and this relieves a lot of unnecessary pressure in high school," Mollenkamp said. "The problem arises when they interact with people that don't understand their point of view. Interaction between home-schoolers and non-home-schoolers is similar to the interaction between people from different states. They are basically the same just with a different view point on life."

Despite the differences in education, Reynolds believes both groups need time to adjust to the collegiate social world.

"It wasn't some kind of culture shock and home-school girl had to run home," Reynolds said. "It was more just other people adjusting to me. It took a while for people to believe I had friends and could speak normal languages and not just Latin. Eventually I convinced people I knew what social interaction was."

Staying Fit

As a part of Cornerstone, Lovich and Mollenkamp competed in basketball, track and cross country during their high school years. After graduation, they had to make changes to keep themselves satisfied.

"I love playing basketball so much," Lovich said. "It's still hard for me to just go to games and sit there and just be happy that I'm there. I still wish I was playing, but I knew the reality of it. Not many people play Division 1 basketball, especially at a place like K-State."

Lovich keeps up with his passion by playing when he can at Peters Recreational Complex. Mollenkamp went in a different direction to keep in shape. He joined the Air Force ROTC program. Mollenkamp said he enjoys the early morning physical training sessions and combative classes that came along with the program.

"There is nothing like pitting your skill, strength and tenacity against an equally matched opponent to clear the head after a long day of math and science," Mollenkamp said.

Reynolds also took a different path from most homeschoolers when it came to athletic activity after high school. She was given the opportunity to join the women's rowing team and take the step up to Division 1 competition.

"You come from homeschool land where it's more important that you are praying before games than practicing your free throws," Reynolds said. "Division 1 is all about your work ethic. Rowing was a different sport and we all sucked at it. It was a different sporting climate, but it was still a team. I think teams are important for settling into a new place."

Staying Connected

Like most high school students, home-schooled students also spend time planning their escape into the real world.

"I was like any other 18-year-old," Mollenkamp said. "I wanted to get out of my parents' house. When I graduated I went to work for my cousin in Idaho. When I was there, I did miss my family, but it was not too bad."

A child leaving the nest is a part of life, but it is often harder on home schooling families because they are together more than their public school counterparts.

"I think it's a typical parental feeling," Reynolds said. "It's probably a little bit different for home-school parents because they are used to having their kids with them all the time. Then all of the sudden, there is a shift to the kids not being under their control anymore."

As much as kids look forward to the escape, the parents look forward to the return visits.

"They always say when I come back that the house has all this energy and they miss that," Lovich said. "They aren't crying or anything. They know this is how it works."

Reynolds said it is a similar situation in her family when she and her brother have not visited home recently.

"I do not go home enough for my mom," Reynolds said. "She highly disapproves. I think she was insecure about it my freshman year, but my dad was cool with it and calmed the waters a bit."

With a couple years under their belts, these previously home-schooled students said they are still close with their families despite being an hour away from them. They said they appreciate the time they spent together over the years, but right now are enjoying their time apart.

"Obviously I miss home at times," Lovich said. "I get in a groove coming here and this almost feels like my home."

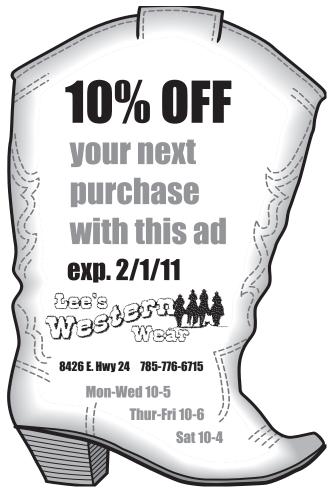


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JUMBLED

Despite disappointing end, 2010 had its highlights



The final minutes of the Wildcats' 2010 football season corresponded with many earlier instances in which K-State came close to success but could not quite catch it. All season, the effort and improvement were apparent, but the pieces never meshed as well as they could have. Still, there were

definitely highlights.
First of all, there was the 4-0 start that included a 31-22 win over UCLA, part two of the series between the teams and a game which the Wildcats lost last season.

After doubling up on Missouri State 48-24, K-State followed up on last season's nailbiter 24-23 victory over Iowa State at Arrowhead Stadium with a slightly less intense — as it didn't require a blocked extra point -27-20 win that moved the team to 3-0 on the season.

Senior quarterback Carson Coffman, who competed with sophomore Collin Klein for playing time, got his hero moment in the Wildcats' fourth straight win, diving into the end zone for the game-winning touchdown.

After that wretched loss to Nebraska, K-State went to Lawrence and completely annihilated the Jayhawks 59-7. The offense fired on all cylinders, and the defense clicked and held KU to a



Nathaniel LaRue | Collegian

Senior running back **Daniel Thomas** tries to reach over a mass of Syracuse players to get to the end zone during the second half of the Pinstripe Bowl in Yankee Stadium on Dec. 30. Thomas helped the Wildcats by putting points on the board throughout the game, but in the end the Syracuse Orange prevailed 36-34.

single throwaway score. For Wildcat fans, it was a beautiful game, probably the second-best of the season.

The next two weeks, K-State missed opportunities during a shootout at Baylor (47-42) and in the return to Bill Snyder Family Stadium against Oklahoma State

But on Senior Night, redemption came in wonderful fashion for K-State. Klein started as quarterback and ran all over the Texas Longhorns — the beginning of the end for the season of the

perennial Big 12 Champion-ship contender — in a 39-14 victory. Maybe the best part about the win? During the Nebraska game, K-state fans held up signs that read, "We'd leave the Big 12 too if we couldn't beat Texas." Accordingly, Texas beat Nebraska,

and we beat Texas. Toward the end of the season, the Wildcats dropped two more winnable games in Columbia (38-28) and Boulder (44-36). However, K-State ended the regular schedule with a win over North Texas, the same school

against which head coach Bill Snyder got his first win with the Wildcats back in 1989.

Though the Wildcats fell short of a win in the Pinstripe Bowl, they got the next best thing: a horrible call that outraged college football fans across the country. By penalizing a salute as "excessive celebration," the officiating crew essentially decided the

Usually I refrain from harping on referees, but in this case I must agree with a friend's frank assertion:

"There was no way they

were going to let some team from fly-over country come in and beat a New York team in Yankee Stadium.

While 8-5 would have looked much better than 7-6, the Wildcats had moments of greatness, and moreover, took another step in the right direction by earning a bowl berth. Syracuse, look out: I'm sure we'll see you again sooner or later.

Ashley Dunkak is a sophomore in Spanish, journalism and mass communications. Please send comments to sports@spub.ksu.edu.

Wildcats cruise to victory in invitational

Justin Nutter sports editor

While many K-State students did not set foot on campus until classes began on Monday, the same could not be said for members of the track and field team.

The Wildcats were still hard at work, and over the weekend, they ended their

winter break with a bang. K-State athletes combined for 16 personal records and the Wildcats easily handled the competition in the KSU Invitational at Ahearn Field

House on Saturday.

"In general, I think (the meet) was very good," head coach Cliff Rovelto said. Some of the better people had really nice performances. I was very pleased, in general, with the meet."

The Wildcats swept their opponents in the one-day meet, which was scored in a triple dual team format. The four-team field included Big 12 opponent Oklahoma State, UMKC and Tulsa.

The Cowboys entered the meet ranked No. 19 on the men's side, while K-State put its No. 20 ranking to the test. Rovelto said he feels his

team is deserving of a slot in the national rankings, which were revealed on Jan. 7.

However, he added that K-State's rank might be inaccurate due to the high number of newcomers on the team

"The ranking is kind of a prediction of the national meet based on current people on the team," he said. "New kids that haven't competed, or even returning kids that are significantly better than they were a year ago, it doesn't account for that at all."

Accurately ranked or not, K-State dominated Oklahoma State, winning 57-21 on the men's side and 48-28 on the women's side.

In a day full of first-place finishes by the Wildcats, it was senior hurdler Denise Baker who stole the show. The native of Katy, Texas, captured the title in the women's 60meter hurdles.

Her time of 8.55 seconds barely edged the meet record of 8.58, which was set by Nebraska's Shelley-Ann Brown

The Wildcat distance runners were particularly strong over the weekend, especially in the men's 600-yard run. K-State claimed the top four spots in the event, led by senior Sam James. James crossed the finish line first with a time of 1:12.81 and was followed by junior Jacob Davies, senior Ben Love and sophomore Francisco Colomar.

K-State will return to action on Saturday when it hosts the Wildcat Invitational at Ahearn Field House.

Field events are set to begin at 11 a.m., while track events will follow at 3:30 p.m. The tournament field has yet to be announced.

Wildcats look to regain momentum against Tigers

Paul Harris

"It's coming, it's coming? That's how junior forward Jalana Childs described K-

State's offense. Defensively, K-State has hounded its opponents, holding many under their season averages. The Wildcats rank 12th in the nation in scoring defense and 20th in the nation in field goal percentage defense. Childs said that although K-State's defense has been great so far, she expects the defense to get even better as the year progresses.

Yet, K-State has struggled to put the ball in the basket. K-State now sits at 1-2 in the Big 12 Conference and 11-5 after a two-game road trip. K-State looks to rebound after a double overtime loss to Texas Tech. The Wildcats held a sizeable lead in overtime, but were unable to put the clamps down on the Red Raiders.

Up next for K-State is Missouri. The Tigers enter the game at 9-8 overall and 1-2 in the conference. Missouri's one win is over Texas, which certainly got the attention of K-State head coach Deb Patterson.

"The Tigers are a ented," Patterson said. "Now, they are just more cohesive."

Missouri is led by head coach Robin Pingeton. Pingeton coached at Illinois State for seven years prior to joining the Tigers. On the court, the Tigers are led by senior guard RaeShara Brown. The Little Rock, Ark., native averages 15.9 points per game, but has upped that average to nearly 17 points per game in the conference season. Junior forward Christine Flores scores nearly 15 points per contest, but recently broke her middle finger and is listed as day-to-day.

K-State has not lost at home all year. In the process, K-State has knocked off two ranked teams including a recent demolishing of then-No. 25 Oklahoma State to open up the conference season. Sophomore guard Brittany Chambers carries the scoring load for the Wildcats at 15 points per game. Childs and sophomore guard Taelor Karr aid her in the scoring department by averaging nearly 10 points.

Chambers and Karr not only ore, but crash the boards as well. The sophomore guards pull down 5.6 and 5.4 rebounds per game respectively.

Junior forward Alina Voronenko added a scoring punch in the last few conference games. Voronenko, who has been nagged with a foot injury throughout her K-State career, exploded for 16 points against Oklahoma State. She scored nine points and pulled down nine rebounds against Texas Tech.

Fans should not expect a shootout between K-State and Missouri, as both teams score around 60 points per game. Missouri's defense allows 11 more points but the Tigers, like the Wildcats, will be desperate to get back on track in a crowd-

ed and talented Big 12. There were more than 9,000 opponents in Bramlage Coliseum for the game against Oklahoma State, and Childs said she hopes to see the same number again. Tip-off against the Tigers is 7 p.m.

suits starting at \$325.00

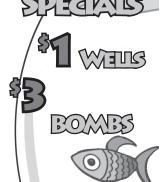


Jonathan Knight | Collegian

K-State junior forward **Jalana Childs** shoots over South Dakota State guard Kristin Rotert during the second half of

the Nov. 30 game in Bramlage Coliseum. K-State defeated the Jackrabbits, 56-51.

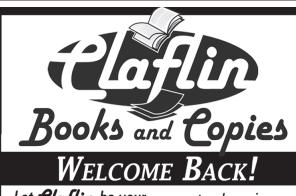
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Three-game stretch will define K-State's season



As a little kid, I always enjoyed riding the seesaw on the playground. I wonder if Frank Martin shares those same sentiments.

In the same fashion as one of my favorite childhood memories, Martin's ride through his fourth season in Manhattan has been full of ups and downs. It started near the ground with too-close-for-comfort wins over lesser opponents like Presbyterian and Loyola-Chicago, then skyrocketed with comfortable wins over two nationally-ranked opponents in Virginia Tech and Gonzaga.

The next game, a 14-point loss to top-ranked Duke, started the next decline in a year that's been full of mountains and valleys. The Wildcats responded to the loss with five straight wins, but the wheels once again fell off in back-to-back losses against Florida and UNLV.

The four-point defeat against the Runnin' Rebels, which came at the Sprint Center on Dec. 21, included

much more than just another tally in the loss column. Minutes before tipoff, members of the media were informed that guard Jacob Pullen and forward Curtis Kelly - the team's only two seniors - were ruled out after receiving impermissible benefits from a local department store. Just like that, the two players, who many predicted would lead K-State to its first Final Four since 1964, weren't even on the bench.

Three games later, Pullen returned with a bang, scoring 24 points in a 92-61 win over Savannah State. He vowed to once again emerge as a team leader and right the ship that was the Wildcats' season. His numbers backed up his claim, as he averaged more than 20 points in his next four games.

K-State's preseason All-American had returned to form, but there was still a problem: the Wildcats weren't winning. Despite Pullen's production, they stumbled to a 0-2 start in Big 12 Conference play, including their first home loss against Colorado since 2005.

The Wildcats' next game, a Jan. 15

matchup with Texas Tech, marked the return of Kelly. He was one of four Wildcats to reach double-digits in a 34-point victory. Once again, K-State's seat on the see-saw was on its way up. However, the trip to the top would be short-lived.

Looking to even its Big 12 record, Martin and the Wildcats traveled to Missouri to take on a struggling Tiger squad that had dropped two of its last three. Long story short: Missouri played inspired and K-State didn't. The Wildcats were in a double-digit hole before they could blink. They couldn't claw their way out and dropped a 75-59 decision.

Despite all the ups and all the downs, the 2010-11 season is far from over. The road doesn't get any easier, as K-State's next three games include dates with No. 11 Texas A&M, Baylor and No. 2 University of Kansas. A three-game sweep might be unrealistic, but if the Wildcats could manage a pair of victories in that stretch, they'll be right back in the game with a much-improved NCAA Tournament resume.

By that same token, if they continue to stumble, a 1-6 Big 12 record is likely in the near future. Expect the next three games to show what Martin and K-State are really made of, and expect those same games to pave the road for the rest of the season.

Simply put: it's time to get off the

Justin Nutter is a December graduate with a bachelor's degree in journalism and mass communications. Please send comments to sports@spub.ksu.edu.

CITY | Commission debates budget

Continued from page 2

Fire Station 5. Fire chief Jerry Snyder presented the proposed contract at the meeting.

The stations, he said, would help accommodate an estimated population increase of 2,400. With more lots available and 1,700 more proposed living units, there is a predicted population increase of 3,900. The movement of Sta-

tion 3 and addition of Station 5 would help improve response times, Snyder said. Currently, the fire department is not meeting fire response standards. These standards, he said, include the first fire respondent arriving in under five minutes and a full deployment arriving 90 percent of the time in under five minutes.

As it stands, the department has an average single unit response time of over six minutes and an average full deployment response in under five minutes only 11 percent of the time, Snyder said.

Land for the stations was purchased on Amherst Avenue in 2003 and on Vanesta Drive in 2006. The land on Vanesta included a right to repurchase clause if the city had decided not to use the land. The city has exceeded the time allotted by an extension of the repurchase clause. However, Snyder said the former owners of the land are willing to cooperate with the city as long as the development of Station 5 moves

The cost of the stations lay at the heart of the discussion. Murray and Sons Construction had the lowest combined bid for the two projects of \$4,440,250 -\$21,000 higher than the lowest individual bids from two different contractors.

forward.

However, Snyder highlighted the benefits of using a single contractor. Using a single constructor, he said, will simplify the construction process, make it easier with one point of contact, and ensure the stations are functionally similar.

With added expenditures of furniture, fixtures, and equipment and owner testing, the total for both staexceeds the maximum estimate.

The choice of subcontractor for mechanical and electrical drew lengthy discussion. Originally, the commission chose Reid Plumbing Heating and Air Conditioning for cost savings, but ultimately decided to use Central Mechanical Services because of their experience with installing geothermal HVAC systems.

The switch of subcontractor added \$11,800 to the

Snead said the construction project is very significant for the city's history in terms of fire protection.

"It's not an easy decision to proceed with projects like this; they take years of plan-

ning and design," Snead said. A dozen new firefighters will be hired due to the construction of Station 5. The minimum staffing level is three firefighters in three shifts. The city will spend

\$500,000 to \$700,000 a year operating the stations, depending on whether they are staffed by three or four firefighters.

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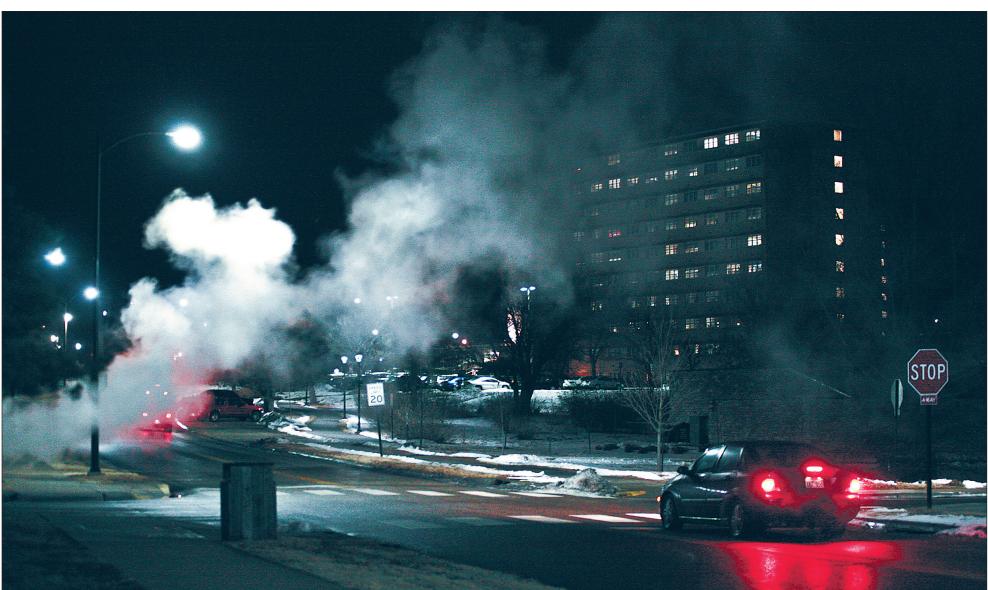
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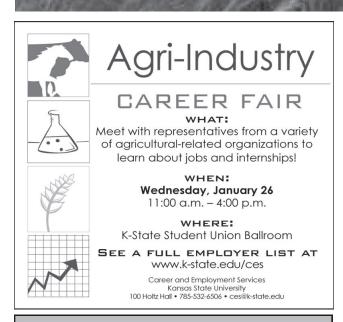
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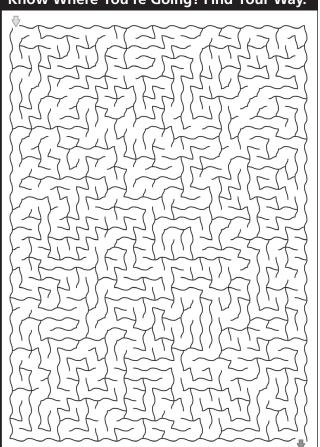
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